



Exploratory Student Checklist

How to Find the Right Major for You

The following is a checklist to help guide your exploration of majors and minors at Salve Regina University. The checklist provides you with ideas of how to gain insight about your personality style and interests, learn more about majors/minors available at Salve Regina, become knowledgeable about career exploration, and develop a plan to help with decision-making.

Self-Knowledge: Learn About Yourself

- Write a list of ten things that interest you. This is not a list of majors or courses; it might include activities, passions, hobbies, or topics of interests.
- Complete the “Do What You Are” online assessment tool accessible at:
<http://www.salve.edu/career-development/students>
- Work with a career counselor in the Office of Career Development to use the “Do What You Are” resource to better understand your personality style and strengths in relation to exploring majors and careers.
- Write a paragraph about why you decided to go to college. This is a reflection paper for you and does not need to entail formal grammar or style. Let the writing flow. Save the reflection as a Microsoft Word document for future use between you and the staff in the Center for Student Development, Career Development, and/or your Discovery Advisor.

Educational & Occupational Knowledge: Do Research

- Learn more about the majors and minors available at Salve Regina. Use a list of the major and minors available on our website or in the undergraduate catalog as a starting point to identify ones which may be of interest to you.
- While reviewing the list of majors and minors, focus on the subjects that you find most interesting. Try not to focus on the type of career the major leads to or other people’s opinions about the major. These types of considerations are for later in the process.
- Look through the entire Schedule of Classes and note the titles, departments, and subjects that you find interesting for courses. Write at least 15 classes that sound interesting to you. Review course descriptions.
- Take an introductory course in a major(s) of interest.
- Visit the Office of Career Development or browse their website. Meet with a career counselor, or explore the many online resources including “What Can I Do With This Major,” “Spotlight on Careers”, and the “CareerSpots” video library.
- Participate in a job shadowing experience through the Office of Career Development’s Career Shadowing Initiative (CSI).

Educational & Occupational Knowledge: Discuss

- Visit the Center for Student Development to talk more specifically about being undecided / exploratory with your Class Dean. S/he can help guide you in the right direction.
- Attend the Major and Minor Fair during the fall semester and speak with faculty and students from various departments.
- Schedule an appointment with your Discovery Advisor. Discovery Advisors are faculty members trained to work specifically with students who are still researching majors and minors. They are very helpful!
- Attend events sponsored by Academic Departments.
- Talk with your peers or student mentors. Peers are great resources for learning more about majors and minors.
- Request informational interviews from individuals in careers that may be of interest to you. Find out what they pursued academically and professionally.

Decision-Making Knowledge: Make a Choice

- Write a follow up reflection on why you have decided to pursue your chosen major. Discuss the ways in which you have decided on this major.
- Share this reflection with your Discovery Advisor and/or your Class Dean in the Center for Student Development.
- Meet with the Department Chair of your decided major, and complete all forms necessary to add the major.

Additional University Resources:

- Academic Programs & Resources**
Academic Advising & the Office of the Registrar
www.salve.edu/academic-programs-and-resources
- Center for Student Development**
Class Deans, & FYT Instructors
www.salve.edu/office-service/center-student-development
- Office of Career Development**
www.salve.edu/office-service/career-development
- Undergraduate Programs & Resources**
Department Chairpersons & Faculty
www.salve.edu/academics
- Academic Center for Excellence**
www.salve.edu/office-service/academic-center-excellence